

# Obesity



## Risk Factors:

- **Genetics/family history**  
The strongest predictor of obesity is having a parent who is obese.
- **Poverty/low income**
- **Dysfunctional home life**
- **Poor nutrition/dietary habits**
- **Sedentary lifestyle**
- **TV and computer time**  
Limit TV viewing and computer time to no more than two hours daily.
- **Lack of education**
- **Limited access to fresh food**

## Increases the risk of other diseases

- **Heart disease** caused by high cholesterol and/or high blood pressure  
High blood pressure is twice as common in adults who are obese than those who are not.
- **Type II diabetes**  
Over 80% of diabetics are overweight or obese.
- **Cancer**
- **Asthma**
- **Sleep apnea**
- **Arthritis**  
For every two pound increase in weight, the risk of developing arthritis increases by 9 to 13%.

Obesity means to have a body weight greater than what is considered healthy for one's height.

Obesity status is determined differently in adults and children.

**Obese for adults:** BMI of 30 and higher or a weight at least 20% heavier than the ideal for one's height.

**Obese for teens:** Equal to or greater than the 95th percentile.

**BMI:** Body Mass Index – a measure of an adult's weight in relation to his/her height.

## Facts

- Obese children have a 70% chance of becoming obese adults.
- Obese individuals have a 50% to 100% increased risk of premature death from all causes compared to individuals at a healthy weight.
- An estimated 300,000 deaths per year in the U.S. are attributed to obesity.
- For an obese person, losing 5% to 10% of one's body weight helps greatly in delaying many of the diseases associated with obesity.

For more information and data go to [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

Community Health Statistics Unit:  
619-285-6479

## Prevention

- Control portion sizes and eat smaller, more frequent meals.
- Eat breakfast every day and have most meals at home.
- Eat foods with the most nutrients, not the most calories.
- Eat at least five servings of fruits and vegetables every day.
- Reduce time spent being inactive such as watching TV.
- Fit physical activity into everyday life.
- Spend at least 2 hours and 30 minutes every week doing moderately vigorous exercise



## Resources

### Call to Action

*San Diego County Childhood Obesity Action Plan*  
[ourcommunityourkids.org/childobesity\\_plan.html](http://ourcommunityourkids.org/childobesity_plan.html)

### Calculate your BMI

[www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

Create a personalized Food Pyramid  
[mypyramid.gov](http://mypyramid.gov)

